

# Some Suggested Meditations on the Mysteries of the Rosary

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## The Sorrowful Mysteries

### 1. The Agony of Jesus in the Garden of Gethsemane

Jesus suffers emotional agony because of two very strong urges pulling him in opposite directions. He chooses to reject his natural urge for self-preservation in order to fulfill his even stronger desire to do the Father's will. Ponder a time when you have sacrificed your self-interest for the sake of someone else, confident that you made the right choice.

### 2. The Scourging of Jesus at the Pillar

After consciously offering up his life in the Garden, before his arrest, Jesus has to reaffirm that decision with every excruciating blow from the torturers' whips. Recall a time when you failed to follow through on a commitment because the circumstances seemed too difficult to bear. Ask the Lord's pardon for your weakness.

### 3. The Crowning of Jesus with Thorns

The crown of thorns is placed on Jesus' head to mock and humiliate him, as well as to inflict even more physical pain. Yet, that crude symbol ironically becomes a sign of the regal dignity that Jesus displays even in death. Ponder a time when you felt your own dignity reaffirmed by God, even in the midst of failure or humiliation.

### 4. The Carrying of the Cross

By carrying the instrument of his own execution, Jesus demonstrates that he is voluntarily giving up his life; it is not being taken from him against his will. Ponder some of the crosses that you have had to bear in your lifetime. Which ones have you carried with self-pity, and which ones with grace and dignity?

### 5. The Crucifixion and Death of Jesus

To all the eyewitnesses who see Jesus die on the cross, it appears that his life has ended in failure. Yet, he has just accomplished the saving mission for which he was sent into the world. This is the great paradox of the Paschal Mystery. God can transform any failure into victory and any loss into gain. Ponder a loss or failure that you have experienced which surprisingly became an occasion of grace for you or for someone close to you.